

COPING STRATEGIES FOR CHILDREN



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ASK FOR A HUG



Ask someone for a hug.

DRINK WATER



Have a sip of water.

BEAR HUG



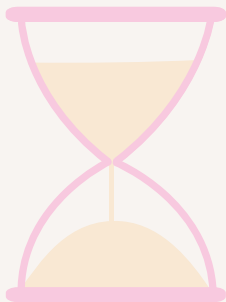
Give your teddy a big squeeze .

COUNT DOWN



Count down from
5... 4... 3... 2... 1.

TAKE A BREAK



Ask for a break and take time for yourself.

LIKE AND FOLLOW
FOR MORE!



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